



## Micro™ #594 Digital Pedometer Instructions

Congratulations! You are the proud owner of a Freestyle® digital pedometer, which is one of the most accurate and versatile exercise instruments for the walker or runner today. Your new pedometer includes these useful features:

- STEP COUNTER
- DISTANCE CALCULATOR
- CALORIE COUNTER
- STOPWATCH

### GENERAL DESCRIPTION OF BUTTONS AND FUNCTIONS:

**MODE/ADV:** Press the **MODE/ADV** button to scan through the various modes. This button is also used to adjust the digits when setting your stride length.

**ST/STP/RESET:** Press **ST/STP/RESET** to start and stop the stopwatch. This button is also used to reset the data for steps, distance and calories burned.



ST/STP/RESET      MODE/ADV.

### BEFORE YOU BEGIN

Before using your Freestyle® digital pedometer, it is necessary to program the unit with your weight and stride length. Accurate measurement of this data will allow you to achieve precise, individual results.

#### MEASURING YOUR STRIDE LENGTH:

1. Walk or run twelve steps, marking the spot at the beginning of your first step.
2. Measure the distance travelled in feet or meters from the beginning of your first step to the end of your last step.
3. Compute your single stride length by dividing the total distance measured by twelve.

EXAMPLE: For a total distance measuring 384 inches, the single stride length is:

$$\frac{387 \text{ in.}}{12} = 32.25 \text{ inches}$$

Round off your single stride length measurement to the nearest inch or cm. In this case, it would be 32 inches. This is your stride length which you will enter into the pedometer.

#### MEASURING YOUR WEIGHT:

Using a bathroom scale, determine your weight in pounds or kilograms. Be sure to remove your shoes and excess clothing.

#### PROGRAMMING YOUR FREESTYLE® DIGITAL PEDOMETER

After measuring your stride length and weight, it is necessary to program this data into your digital pedometer. **PLEASE NOTE:** This pedometer uses both the Imperial and Metric Systems of measurement. Refer to the instructions below on how to toggle between the different measurement systems.

#### SETTING YOUR WEIGHT AND STRIDE LENGTH:

1. In any mode, press and hold **ST/STP/RESET** for two seconds. The display will reset to zero. Press and hold **ST/STP/RESET** again for two seconds. The segments "SET WT" and "LB" will flash.

**SELECT YOUR UNIT OF MEASUREMENT:** To toggle between the imperial and metric measurement systems, press **MODE/ADV**. This will activate the metric system. The display will flash "SET WT" and "KG". Press **MODE/ADV** again to go back to the imperial measurement system.



Press **ST/STP/RESET** again to flash the weight digits. Press **MODE/ADV** to adjust the weight digits.

After setting your weight, press **ST/STP/RESET** to enter the stride length setting mode. The display will show "SET STEP" and flash "IN". If you are using the metric system, the display will show "SET STEP" and flash "CM".



Press **ST/STP/RESET** to flash the stride distance digits. Press **MODE/ADV** to adjust the digits. Once your stride length is set, press **ST/STP/RESET** to exit the setting mode. You are now ready to exercise!

#### USING YOUR FREESTYLE® DIGITAL PEDOMETER

After programming is complete, you are ready to use your Freestyle® digital pedometer.

#### POSITIONING YOUR DIGITAL PEDOMETER:

1. Use the clip on the back of your pedometer to secure the unit to your belt, or the top or your shorts or pants.
2. For proper readings, it is important to position the unit as close to your hip area as possible.
3. Be sure that the pedometer is parallel to the ground, as this will aid in proper function. See drawing below:



Correct



Incorrect

After securing your digital pedometer as indicated above, begin walking or running. The pedometer will count steps while exercising in any mode setting. The information from your exercise will automatically be recorded. The results may be accessed at any time by pressing **MODE/ADV** to view the various modes.

#### READING AND UNDERSTANDING THE VARIOUS MODES:

By pressing **MODE/ADV**, the display will change according to the mode selected. The purpose of each mode, and instructions on how to read the display are described below:

##### STEP MODE:

This mode counts and displays the number of steps walked or run. This pedometer counts steps up to 999,999, at which point it automatically goes to zero. Press and hold **ST/STP/RESET** to reset all the recorded data.

##### KCAL MODE:

This mode calculates an estimated calories burned based on the number of steps taken and your weight. **PLEASE NOTE:** While metabolic rates may vary among users, this display reading will provide a general idea of energy used during exercise. The Kcal will be converted to other units as follows: 1 Kcal = 4184 Joules = 3.97 BTU (British Thermal Units). This pedometer counts your burned calories up to 99999.9 Kcals. Press and hold **ST/STP/RESET** at any time to reset the recorded data.

##### DISTANCE MODE:

This mode displays the total distance travelled in miles (ML) or kilometers (KM). This mode will record your distance up to 9999.99 miles. Press and hold the **ST/STP/RESET** button at any time to reset the recorded data.

##### STOPWATCH MODE:

To use the stopwatch, press **ST/STP/RESET** to start it. Press **ST/STP/RESET** again to stop it. To reset the stopwatch to zero, the stopwatch can not be running. Press and hold **ST/STP/RESET** for two seconds. The display will reset to zero.

**PLEASE NOTE:** The stopwatch works independently from the other modes, so resetting the stopwatch to zero will not reset the other data stored on the pedometer.



#### REPLACING THE BATTERY:

The battery life is estimated at one year. If the pedometer displays erratic readings, or if the screen is difficult to read, the battery may need to be replaced as follows:

1. Remove the battery cover on the back side of the pedometer with a screwdriver.
2. Remove and replace the battery with type RW392 cell or an equivalent. Be sure that the "+" side is up when the battery is inserted into the compartment.
3. Replace the battery cover and screw back into place.

#### FREESTYLE® LIMITED WARRANTY

Freestyle® products are warranted to the original purchaser to be free from defects in material and workmanship under normal use for a period of one year from the date of purchase. During the warranty period, and upon proof of purchase, the product will be repaired or replaced, without charge for either parts or labor. The limited warranty is given by Freestyle U.S.A. and not the dealer from whom the product was purchased. If you purchased your pedometer outside of the United States, please contact your authorized Freestyle® dealer for warranty information.

Should the product be defective, please return (postage paid) to:

Freestyle  
Attn: Watch Repair Department  
5855 Olivas Park Drive  
Ventura, CA. 93003

Include a brief description of the problem, and a copy of your purchase receipt showing it was purchased within the past year. Include your name, address and zip code. Please allow 15 working days for return.

This warranty will not apply if product has been misused, abused or altered. Bending the unit and visible cracking of the face or display are presumed to be defects resulting from misuse.

Neither this warranty nor any other warranty, expressed or implied, or any other warranties of merchantability shall extend behind the warranty period. No responsibility is assumed for any incidental or consequential damages, including but not limited to mathematical accuracy of the product. Some states do not allow limitations on how long an implied warranty lasts. Some states do not allow the exclusion or limit incidental or consequential damage, so the above limitations or exclusions may not apply to you. The warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Should this product require service after the warranty has expired, please return to

Freestyle  
Attn: Watch Repair Department  
5855 Olivas Park Drive  
Ventura, CA. 93003

Include a brief description of the problem and a check or money order for \$15.00. Please include your name, mailing address, zip code and telephone number. Please allow 20 working days for return. If you need to contact us by phone, our toll free number is 1-800-776-6449. Our office is open from 8AM to 5PM, Pacific time.

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